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WADDLING WITH PENGUINS
JIM CARREY ON WINGING IT {page 9}

OVER IT
BIEL AND TOTAL RECALL CO-STAR GET CLOSE {page 10}

LONDON metro®
Tuesday, June 14, 2011
www.metronews.ca
News worth sharing.

Beantown. Blitz

▶ Michael Ryder of the Boston Bruins celebrates after scoring his team's fourth goal in the first period of Game 6 of the Stanley Cup final at TD Garden last night in Boston.

ELSA/GETTY IMAGES

Boston leaves Canuck fans looking to Game 7

The Boston Bruins blitzed the Vancouver Canucks with four goals in a four-minute span, driving goalie Roberto Luongo from the game and taking a 4-0 lead after the first period of Game 6 of the Stanley Cup final last night. Boston went on to beat Vancouver 5-2. See story, page 16.

Booze, pot use up: Survey

But study found significant drop in binge drinking among young adults

A daily beer or cocktail could be turning into a habit for more people in Ontario and marijuana use is also growing, according to a new survey.

The survey released yesterday by the Centre for Addiction and Mental Health suggests the proportion of adults reporting daily drinking increased from 5.3 per cent in 2002 to more than nine per cent in 2009. Tobacco smoking is down slightly, but the use of cannabis, or marijuana, has increased from 8.7 per cent in 1996 to 13.3 per cent in 2009.

About one in seven of those surveyed — almost 15 per cent — reported symptoms of "elevated psychological distress" while almost six per cent reported poor mental health.

"People are drinking more often and may be consuming more alcohol when they do drink, although there may be fewer binge occasions."
DR. ROBERT MANN, LEAD INVESTIGATOR ON THE STUDY

The southwestern part of the province reported the highest average number of drinks consumed per week. Driving after drinking was most likely in the southwest and central south regions.

THE CANADIAN PRESS

1 news

A doctor's personal struggle shows how aggressively arthritis can strike young patients. Scan code for story.

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On the web at metronews.ca

Allan Small on what investors should do as negative headlines drag down stock markets. More at metronews.ca/investing

Follow us on Twitter @themetrolondon

Pitcher chooses to hit books over bats

London's Dave Wydeven just tried to keep himself busy last week as he anxiously awaited the results of the 2011 Major League Baseball draft.

Wydeven, a junior right-handed pitcher at Grand Canyon University in Arizona, drew the attention of the Houston Astros with a strong collegiate season. They invited him to a draft prospects camp on June 2.

"It was my first time on a major league diamond, but I felt comfortable on the mound," Wydeven said. "No nerves — just locked in."

An Arizona-based Astros scout called him late Tuesday night saying the team planned to draft him the following day.

When the talk turned to money, Wydeven was left with an interesting dilemma: Go play pro ball or finish school.

"I had a set number of what I wanted to sign for, but the Astros offered well below that," Wydeven said. "I talked it over with my family, and it just made the most sense to go back to school."

He told the Astros that he wouldn't sign at their price — thereby taking himself off their draft list — and plans to return to Arizona in September for his senior season.

The hurler has no regrets and is at peace with his decision to bypass the draft.

"Pro ball will still be an option next year, but finishing my university career is important"

Wydeven is currently studying exercise science and is committed to completing his education. "Getting my degree gives me an insurance policy if baseball doesn't work out," he said.

He is playing for the London Majors this summer after playing for the St. Thomas Tomcats of the Junior Intercounty League last year. MIKE ARSENAULT

CONTRIBUTED

▶ Dave Wydeven

Western prepares for grad party

An estimated 6,500 students to graduate and up to 10,000 parents, family and friends to gather at Western convocation this week

KYLE REA
@METRONEWS.CA

Go anywhere near Western this week and it'll be hard to miss thousands of students dressed in their gowns and mortar boards, diplomas in hand and smiles on their faces.

For Western, it's the biggest event of the year, requiring close to six months of planning and 250-300 people to help.

Irene Birrell, secretary for Western, said they begin planning in January to handle everything needed for the ceremony. And she agreed it takes a lot of work to pull it off.

It all starts in January, when the university determines who will graduate, any awards they'll get, what celebrities will receive honorary diplomas and who will be coming, so they can plan ceremonies.

This year, there are two ceremonies each day until Friday.

"Next year we're going to increase the number of ceremonies so we can give students more tickets and we can have more family members come," Birrell noted.

For the ceremony itself, the university needs to: handle parking and direct traffic, hand out and collect gowns, mortarboards and hoods, organize students as they head on stage and set up live Internet streaming at communications.uwo.ca/video_broadcast.html.

"It just goes on and on," Birrell said.

The ceremony

- Each graduating student receives at least two tickets for family and friends to attend Western's convocation.
- Each ceremony lasts about two hours.
- The regalia — robes, hats and the university's mace — on stage during convocation trace their roots to the Middle Ages, when universities were first founded.

KYLE REA/METRO

▶ Jessica Ellis, from left, Emily Ngai and Jennifer James celebrate their graduation from the media theory and production program at Western on Monday. The trio were among 2,000 who officially graduated yesterday. An estimated 6,500 students at Western are to graduate this week.

"I think it's a unique ceremony because it combines elements of very formal pomp and circumstance and a very family-oriented celebration."
IRENE BIRRELL, WESTERN SECRETARY

Fanshawe students join festivities

Western students aren't the only group donning their gowns and mortarboards this week.

Starting today and running each day for a week, more than 4,700 students and their families are expected to gather for Fanshawe College's spring convocation.

In all, 11 convocations are planned, awarding students their applied degrees, diplomas and certificates at two different gymnasiums on campus.

The college is set to present Michelle Palmer, executive director of Community Living London, with an honorary diploma on Thursday.

In addition, 11 guest speakers, including Mayor Joe Fontana are expected to address graduates.

Five awards will also be distributed to nine students — five of whom will receive the prestigious Fanshawe College Distinguished Student Award.

KYLE REA

METRO FILE

▶ Joe Fontana

Police take on truckers

Police and Ontario's Ministry of Transportation are combining forces to take on truckers.

Operation Corridor is looking to crack down on aggressive truck drivers and unsafe commercial vehicles on the province's highways.

THE CANADIAN PRESS

News in brief

FILE PHOTO

▶ MPP Deb Matthews

Makeover complete at Piccadilly Park

The City of London has officially unveiled the revamped Piccadilly Park.

The park now features a new urban promenade and terrace, new pathways and entranceways, an upgraded playground, additional trees and seating.

"These improvements to Piccadilly Park will mean a lot to children and families who enjoy it," said Deb Matthews, MPP for London North Centre.

METRO

Worldly designs walk the runway

D'Lane Fashions Inc. presents its Prêt-à-Porte fashion show tonight at FritzRays.

Clothes created by major designers from around the world will be featured.

METRO

Charges laid in drug trafficking

A London man faces drug and resisting-arrest charges after police executed a search warrant in a motel room and vehicle June 9.

Police seized 17 grams of crack cocaine, 0.2 grams of marijuana, $1,540 Canadian, $700 in Jamaican currency, $20 US, $40 in British pounds and a 2003 Lincoln Aviator as offence-related property.

Ruel Murphy, 52, has been charged. METRO

London is still sinking

Repair work could take until Friday: City staff Not as serious as 2007 sinkhole at Wellington and Dundas

KYLE REA
@METRONEWS.CA

KYLE REA/METRO

▶ The sinkhole at Oxford and Richmond streets is expected to cost about $100,000 to repair.

The Forest City's infrastructure is aging and we could be in for more sinkholes like the current one at Richmond and Oxford streets. That's according to John Braams, engineer with the City of London.

"Infrastructure in our community is getting older and requires more maintenance and more situations like this occurring," he said. "They're largely unpredictable."

The section in question was installed in the 1930s, and the problem could have been created during installation.

Last Wednesday, a sinkhole measuring about two metres across by half-a-metre deep opened up, forcing staff to restrict traffic at the intersection while they investigated. Saturday morning, Richmond Street between Piccadilly and Oxford streets was shuttered, and traffic through the intersection on Oxford reduced to one lane in each direction so road crews could begin work on the sinkhole.

The cause has been traced to a small hole at the base of the manhole through which material under the road has seeped. When enough material had disappeared it created a void, or sinkhole, under the road, leading to the collapse.

Braams said there's money in emergency funds and reserves — about $2 million is set aside in the water budget, he noted — for just this kind of situation, in this case, a $100,000 bill.

"But we don't have a lot of money, and for that we're grateful that this is $100,000 and not $1 million," he said.

20 this year

- The Wellington and Dundas street sinkhole, which opened in October 2007, was caused by a water-main break and ended up costing more than $1 million to fix.
- London regularly inspects its roads and flushes sewers to keep problems like this from occurring.
- Approximately 20 cave-ins have been reported on city streets so far this year.

Look inside today's metro for the icons below and enter for your chance to WIN.

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GEOFF HOWE/THE CANADIAN PRESS

▶ Canucks fans in Vancouver prior to Game 5.

CANUCKS FANS ON EDGE

JEFF HODSON
@METRONEWS.CA

HOME ICE ADVANTAGE

A fog of nervous energy seemed to sit over Vancouver yesterday several hours ahead of puck drop.

People were hopeful to see their team win their first Stanley Cup, but anxious, especially given the 8-1 and 4-0 trouncings the team suffered when they were run out of Boston in Games 3 and 4.

Downpours throughout the morning did little to dampen spirits and as game time approached, people in Canucks sweaters began sprouting up on sidewalks, and at noon lineups had begun forming outside pubs.

Vancouver Mayor Gregor Robertson said the city was anticipating crowds similar in size to the 100,000 who celebrated downtown after Game 5.

"I think we are going to see the Canucks come out charging tonight," Robertson told Metro reporter Sahara Giannone earlier in the day.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

Sex-trade laws on trial

- **Appeal court case could see prostitution effectively decriminalized**
- **Representatives for 19 groups will argue for and against the law**

NATHAN DENETTE/THE CANADIAN PRESS

▶ Dominatrix Terri-Jean Bedford holds a riding crop as she speaks to media outside the Ontario Appeal Court in Toronto yesterday.

A five-judge Appeal Court panel held the federal government's feet to the fire yesterday, grilling its lawyer about an assertion that prostitution laws aren't putting sex workers in danger.

Last year, an Ontario judge struck down the laws against keeping a common bawdy house, communicating for the purposes of prostitution and living on the avails of the trade.

Superior Court Judge Susan Himel found the laws were contributing to the danger faced by prostitutes, forcing them to choose between their liberty and their safety.

Sex-trade workers argue the laws prevent them from working indoors where it's safer, taking time to talk to a potential client to assess the risk they pose and hiring bodyguards.

The federal and Ontario governments are appealing the ruling, arguing there is no obligation to maximize the safety of prostitutes, because it is not a constitutionally protected right to engage in the sex trade.

Ottawa's lawyer, Michael Morris, argued that prostitution itself is dangerous and the harms are posed not by the laws, but by violent pimps and johns. Morris had a tough go in front of the judges, as they closely scrutinized and at times appeared incredulous at the government's claims.

"I find it hard to understand why it's not self-evident that these provisions harm the ability to carry out prostitution safely," said Justice David Doherty.

THE CANADIAN PRESS

Authorities monitored First Nations: Documents

Documents recently released to First Nations researchers show the federal government, along with the RCMP and the Canadian Security Intelligence Service, have been monitoring aboriginal "occupations and protests," including peaceful ones, since 2006.

"A number of us who are involved in First Nations policy issues have been looking at the criminalization of First Nations activists by the government for being involved in protests or political actions," said Russell Diabo, a researcher who first published the information in his newsletter the First Nation Strategic Bulletin.

The documents, obtained through an access to information request, include two presentations made by officials with Indian and Northern Affairs Canada, the RCMP and CSIS, on monitoring "aboriginal extremism."

The documents show that as of summer 2006, members of the Privy Council Office, CSIS, Public Safety Canada, Indian and Northern Affairs and other federal departments were holding conference calls to share information about aboriginal protests and occupations.

Aboriginal Affairs and Northern Development (formerly INAC) Minister John Duncan did not respond to a request for an interview, but his staff sent a statement acknowledging the existence of reports on the topic of aboriginal "hotspots."

"INAC does monitor all emergencies such as floods, fires and civil unrest on an ongoing basis. This facilitates a quick support and response, as needed, to any emergency," the statement said.

The Assembly of First Nations said it could not respond to a request for comment in time for deadline.

JESSICA SMITH

Hotspot reports

- INAC also began a "Hotspot Reporting System" to spread information about "existing and emerging risks."
- The system works with intelligence-reporting systems run by CSIS's Integrated Threat Assessment Centre, Public Safety Canada and the RCMP.
- It included summaries of First Nations events, including peaceful protests, highway blockades and seemingly unrelated events such as an underground oil spill.
- They are described as reports "regarding activities that threaten public safety in relation to issues relating to aboriginal peoples in Canada."

Hackers block Spanish police site

Spain's National Police say hackers blocked its website briefly in apparent retaliation for the arrest of three suspected members of the international activist group Anonymous.

Police said yesterday the attack happened overnight Sunday but did not disrupt police computer operations.

On Friday police announced the arrest of three alleged members of the Spanish chapter of Anonymous, which has attacked corporate and government websites around the world.

Police said one of the suspects had a server used to hack into Sony's online PlayStation store but the three detainees were not involved in an April cyber intrusion that affected millions of PlayStation Network. **THE ASSOCIATED PRESS**

Doomsday preacher recovering from stroke

The California radio preacher who predicted the world would end last month was recuperating yesterday after suffering a mild stroke, his family and colleagues said.

Harold Camping's daughter, Susan Espinoza, said her 89-year-old father was recovering but had not been doing his regular live broadcasts from the threadbare headquarters of Family Radio International.

THE CANADIAN PRESS

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

▶ Harold Camping

Green party leader makes presence felt

Elizabeth May, the first and only Green party member elected to Parliament, said yesterday she plans to block the Harper government's plan to rush through a so-called "mega trials" bill this month.

Justice Minister Rob Nicholson wants the legislation passed by month's end but May said she'll deny the unanimous consent needed to fast-track the legislation.

As the lone dissenter so far, she said the bill needs thorough consideration.

Nicholson's urgency stems from last month's case in which 31 alleged Hells Angels bikers walked out of a Montreal courthouse after a judge found their trials would take too long. **THE CANADIAN PRESS**

China. Flooding

▶ Residents walk past houses destroyed by a landslide triggered by torrential rain in south China's Hunan province.

THE ASSOCIATED PRESS

Worse for the weather

More heavy downpours are forecast this week over central and southern China, where seasonal flooding has already killed more than 100 people, Chinese state media reported yesterday.

Unrest in South China

Thousands gather in destructive protest Violence in Xintang broke Friday after pregnant woman pushed in sweep against street vendors

Protesters in southern China's manufacturing hub torched emergency vehicles in an outburst of anger against police abuse of migrant workers, eyewitnesses said yesterday.

Sunday night's rioting followed three days of growing unrest in the town of Xintang in Guangdong province, the linchpin of China's crucial export industry. Accounts of the violence in state-controlled media have been sparse, but the official Xinhua News Agency says a government team has been sent to the area to quell rumours surrounding the unrest.

While violent protests in China have become frequent over the past decade, recent weeks have seemed particularly turbulent. The vast region of Inner Mongolia last month saw its biggest street demonstrations in two decades, while a man angry over land seizures set off three homemade bombs at government buildings in a southern city, killing three people and wounding at least nine others.

Thousands of protesters attacked government offices in the central city of Lichuan last week following the alleged beating death of a local city council member while in custody.

Though the triggers for the events are different, most are driven by resentments over social inequality, abuse of power and suppression of legitimate grievances.

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A loss of Facebook?

Report suggests website losing ground in Canada
Developing countries picking up the slack

The head of Facebook Canada says there's still plenty of room for the social networking giant to grow north of the border, but some new numbers suggest that may not be the case.

A report from trend-tracker Inside Facebook says the number of Canadians using the site has dropped by about 1.52 million to 16.6 million.

Canada's numbers reflect a global trend suggesting that Facebook use in a country seems to plateau when 50 per cent of the population is signed up. Some 49.27 per cent of Canadians use Facebook, says another trend tracker, Socialbakers.

But Jordan Banks, managing director at Facebook Canada, says he doesn't believe Facebook use in Canada is slowing.

"I don't think we're plateauing at all," he said in an interview this year. "When you take a look at ... how many times they come in a given month to how much time they spend, pages viewed — it continues to grow at a very rapid rate," he said.

THE CANADIAN PRESS

Global village

- **The number of people** joining Facebook in non-Western nations, notably Brazil, Mexico, Thailand and India, is on the rise, Inside Facebook Gold says.
- **The number of users** worldwide is just 13 million shy of hitting 700 million. Europe has the most number of users, at 205 million, according to Facebook's Ads Platform.

METRO WORLD NEWS

VINCENZO CONSENZA/FOR METRO

▶ The new edition of the World Map of Social Networks, created twice a year by Italian digital-management expert Vincenzo, shows that Facebook is the most popular social network in 119 countries among 134 national analyzed. The map, released yesterday, is based on traffic data from Alexa & Google Trends for Websites.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
– 144.28 (12,939.72)	+ 0.16 (102.28¢ US)

Oil	Natural gas 1,000 cu ft
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Maple bids for TSX

Maple Group, the Canadian consortium looking to buy TMX Group Inc., has launched its $3.7-billion hostile bid, pitching it as a stronger platform for growth compared to a friendly merger with the London Stock Exchange Group.

Calling the Toronto exchange a global leader, Luc Bertrand, Maple Group spokesman and vice-chairman of National Bank Financial, said, "Our vision at Maple is to build on (its) strengths rather than shore up the LSE's weaknesses."

For the Maple deal to go forward, TMX shareholders must vote down the proposed merger with the London exchange at a meeting on June 30.

THE CANADIAN PRESS

Pensions, wages block Air Canada deal

Air Canada was heading toward its first strike in more than a decade amid last-minute negotiations between the airline and 3,800 customer-service and sales agents.

The two sides have reached agreement on some issues but the major stumbling blocks of wages and pensions were outstanding as talks continued yesterday at a Toronto hotel as a midnight strike deadline approached.

"We did a lot of work but it just seems to me that we should be moving a little bit quicker than we are right now," Ken Lewenza, president of the Canadian Auto Workers union, said yesterday.

He said the union's proposal, submitted Sunday, aims to provide members with pension security and wage increases after a decade of uncertainty, but acknowledged there was "a huge gap" between the sides on the two key issues.

"At the end of the day our members have had 10 years of significant sacrifices. Now it's time to make some progress, and wages are a big key to getting an agreement."

Air Canada declined to discuss the negotiations, but said it was working toward reaching a settlement that "respects our employees and ensures Air Canada's long-term sustainability without a labour disruption."

THE CANADIAN PRESS

Strike is 'digging to the bone': Canada Post

Urban Canadians aren't getting letters today, but the union representing striking postal workers wants you to know that wasn't its decision.

Canada Post is limiting letter delivery in cities to Monday, Wednesday and Friday because the postal service has lost $65 million since the strike began, officials said yesterday.

"They are digging to the bone. They are pushing major customers to go to the competition," Canada Post spokesman Jon Hamilton said.

But the Canadian Union of Postal Workers countered that the limited delivery will disrupt mail service to more people in one day than the union's rotating strikes have in total so far.

Calling the move a "partial lockout," CUPW president Denis Lemelin accused Canada Post of trying to force Ottawa to legislate the postal workers back to work.

But as of yesterday, the government appeared to have ruled out back-to-work legislation for now.

Expressing concern about the impact of the dispute on the economy, the parliamentary secretary to federal Labour Minister Lisa Raitt said the government is still hoping for a negotiated settlement.

JESSICA SMITH/WITH FILES FROM THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

"Canada Post is trying to do everything it can to provoke the union into a national walkout in the hope that the government will intervene."
DENIS LEMELIN, CUPW PRESIDENT

Who's next?

- **Postal union leaders have** targeted Canada's two largest urban centres as their next strike targets.
- **About 15,000 workers** will stage a 24-hour walkout at midnight in Toronto and Montreal.

ELISHA DACEY/METRO

▶ CWB chair Allen Oberg talks to media while Manitoba Premier Greg Selinger, left, looks on.

Manitoba: Let farmers decide

Province campaigns against plans to end Canadian Wheat Board

ELISHA DACEY
@METRONEWS.CA

Manitoba launched a media campaign yesterday in a bid to save the Canadian Wheat Board, saying farmers should be the ones to decide how it's run.

The campaign, which includes radio and television spots, is in response to Federal Agriculture Minister Gerry Ritz's announcement immediately after the federal election that his government will dismantle the CWB next year.

"The Harper government believes that the last federal election gave it the mandate to dismantle a farmer-run organization. That logic, frankly, escapes me," said CWB Chair Allen Oberg.

"There's no way of knowing why farmers voted for a particular party in the last federal election ... farmers expect to — have the right to — vote on the future of the CWB."

Premier Greg Selinger said three out of four farmers want the right to vote on whether or not the CWB should be dismantled. Currently, all wheat and barley producers must market their grain through the CWB.

Selinger said the demise of the wheat board will mean more than the loss of 400 direct and 2,000 indirect jobs in Winnipeg. It will also have serious effects on the town of Churchill, the only inland shipping port on the Prairies.

"Over 90 per cent of the product that flows through Churchill is provided through the Canadian Wheat Board," said Selinger.

Telecom rules need overhaul: CRTC chair

Ottawa should rethink its communications policy and draft a new all-encompassing act more in tune with the new digital world, the head of Canada's federal telecom and broadcast regulator said yesterday.

The call for sweeping changes comes as the federal government is in the middle of a review of foreign ownership rules in the telecommunications industry.

But in a speech to a television festival in Banff, Alta., CRTC chairman Konrad von Finckenstein said something more comprehensive is needed and that the acts that currently govern telecoms and broadcasters are outdated.

For one thing, he said, the distinction between broadcasters and telecommunications companies is virtually meaningless, since giants like Rogers, Shaw, BCE and Quebecor have fingers in each pie.

"The industry is going through fundamental change in technology, in business models and in corporate structures," he said in notes of the speech released in Ottawa.

"It has become a single industry, thoroughly converged and integrated. Yet it continues to be regulated under three separate acts which date from 20 years ago."

Von Finckenstein said the best approach would be to encompass all communications policy under one comprehensive act, and possibly under one minister.

THE CANADIAN PRESS

london transit
INVITATION - LTC DROP-IN SESSION
London Transit Commission will be holding drop-in sessions for customers and community stakeholders regarding security cameras onboard London Transit buses.
Dates: Thursday, June 16, 2011
Monday, June 20, 2011
Time: 4 pm - 7 pm
Location: London Public Library Central Branch
251 Dundas Street
(Lerners Room, main level)
If you are unable to attend and wish to provide comments, please contact us at 519-451-1347 or visit us online at www.ltconline.ca.

Bombardier to build new test track

Bombardier Transportation is investing $17 million to expand its Quebec railway manufacturing operations, including the building of new a test track in La Pocatiere, Que.

The railway division of Bombardier Inc. is also creating a product design and development centre for North America at its Canadian headquarters in St-Bruno, Que.

Raymond Bachant, North America president of Bombardier Transportation, said yesterday the Quebec investments will "enhance our competitive edge and maintain our leadership."

The design centre on the south shore of Montreal will encourage greater involvement of customers, suppliers and partners in the research and development of new technologies to be used in its manufacturing.

The new centre will be used for designing and prototyping passenger-rail vehicles that will be manufactured around the continent.

It will also partner with institutions in the region.

Construction will begin at the end of the summer, with the opening slated for next spring.

The new indoor test track at Bombardier's main Quebec assembly plant will allow engineers to perform qualification tests on the new Montreal Metro subway cars.

The one-kilometre track will conduct brake and maximum-speed testing.

A "static" testing site will also be built alongside the new test track.

THE CANADIAN PRESS

UN group: Canada must track asbestos research

A UN-affiliated labour organization is reminding Canada to keep up to date on the "evolution of scientific studies and technology" regarding asbestos.

Canada is one of the world's biggest exporters of the known carcinogen, even though asbestos use is sharply controlled in this country and taxpayers are paying tens of millions of dollars to have it removed from public buildings, including Parliament.

A new draft report from the Geneva-based International Labour Organization notes that Canada is a signatory to the 1986 Asbestos Convention.

The report says the convention obligates Canada to "keep abreast of technical progress and scientific knowledge" on asbestos.

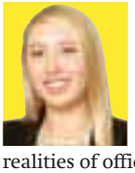
It urges Canada to take into account findings of the World Health Organization and other respected international organizations concerning the dangers of asbestos exposure.

THE CANADIAN PRESS

THE TRUTH ABOUT LIFE IN A CUBICLE

SHE SAYS ...

JESSICA NAPIER
METRO



I used to think Office Space was a hilarious comedy about disgruntled co-workers at a fictional software company. After working at a desk job for a little more than a year now, I have come to realize that the film is actually an extremely factual documentary.

While watching workplace-centric sitcoms and movies prepared me for the murderous feelings I would develop toward the photocopier, there are some realities of office life that you just can't anticipate until you start working in the trenches — or, in this case, the cubicle. Here are 10 things I've learned so far:

1. While the average workday lasts eight hours, you will only need to put in approximately three hours of real work. The rest of your day will be spent making to-do lists and looking at celebrity blogs.

2. You will be expected to eat a lot of cake. In order to avoid offending your co-workers, you will have to fake it with a slice of bad store-bought vanilla cake about once a month.

"The time it takes to complete an assignment has nothing to do with your own productivity but is entirely reliant on the number of bosses you have and how likely they are to disagree with one another."

3. If your name is Jessica, someone will call you "Jennifer" at least once a week.

4. The coffee brewed by the communal machine in your office kitchen is the worst cup of coffee you will ever taste. However, after refusing to drink it for a month or two you will eventually give in because … well, it's free.

5. When you buy yourself flowers, everyone will assume you have a secret admirer. If you like to be entertained by gullible co-workers, you will run with it and invent a fictional lover named Carlos who just loves to spoil you.

6. At some point, your boss will want you to befriend him or her on Facebook. You will spend two hours untagging photos of yourself posing as a drunken (insert wildly inappropriate theme-party costume here) before you begrudgingly confirm the friend request.

7. The time it takes to complete an assignment has nothing to do with your own productivity but is entirely reliant on the number of bosses you have and how likely they are to disagree with one another.

8. Even if your co-workers earn more money than you, they will still steal your food.

9. The IT manager is your best friend. Especially if you have a habit of spilling water on your keyboard or downloading viruses.

10. When you write lengthy emails with flowery language that would have made your grad school professor weep with pride, no one will care. After one month, all of your emails will contain only two words: "See attached."

Read more of Jessica Napier's columns at metronews.ca/shesays

metro life panel Register at metrolifepanel.ca and take the quick poll

Have you been inconvenienced by the rotating postal strike?

Local tweets

- **@livinglime:** Thanks to all who helped us move yesterday. We returned the truck with 12 minutes to spare. Back in #ldnont nxt wkend to host my bday slam!
- **@DayaCounselling:** Hey hey #ldnont. Anyone notice they're uber hungry at breaky time on Mondays? My berry bowl just didn't cut it this morn.
- **@eefaust:** Still looking for a home for the 8-month old kitten w/ respiratory problems. Anyone in #ldnont area looking for an adorable furry friend?
- **@laurabeaulne:** Grad day, grad day. Getting my diploma today. #uwo #hbk #ldnont
- **@cherimuse:** I'm started to get excited about moving to #Barrie but there sure is a lot about #Ldnont I am going to miss. Gotta soak it all up!
- **@tom_c_reid:** Can't believe I'm graduating from #uwo this week … 4 years went by unbelievably fast!!!! #memories #convocation
- **@jerw:** It's another beautiful day in #LDNont Why not check out the downtown Art galleries?

Worth mentioning

LONDON, England. A 40-year-old American man living in Scotland said yesterday he is sorry for posing as a Syrian lesbian blogger who offered vivid accounts of life amid revolt and repression in Damascus, a hoax that has exposed the difficulty of sifting truth from fiction online.

Tom MacMaster said he created the fictional persona of Amina Arraf and the Gay Girl in Damascus blog to draw attention to conditions in a Middle East convulsed by change.

"I never meant to hurt anyone," the Edinburgh University grad student wrote in an apology on the blog. The university said it had suspended MacMaster's computer privileges while it investigated whether he had breached its rules.

Gay-rights activists and bloggers say MacMaster has endangered real people who are trying to tell their stories in authoritarian societies.

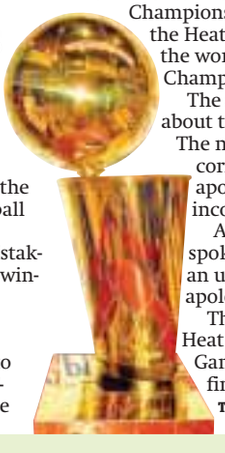
"He completely stole the limelight of real LGBT bloggers and activists in the Middle East and diverted it in a negative way," said Dan Littauer of the website Gay Middle East.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

WEIRD NEWS

Miami suffers premature celebration



The Dallas Mavericks' win over the Heat is a huge upset for basketball fans in Miami. Making matters worse, an ad in a local paper mistakenly congratulated the Heat on winning.

A full-page ad that ran in yesterday's Miami Herald reads "Congratulations Miami" next to photos of Heat championship T-shirts and hats from Macy's. One T-shirt reads "Heat 2011 NBA Finals Champions" and the ad shows the Heat's logo on a hat with the words "NBA Champions."

The ad ran under a story about the Heat's loss.

The newspaper issued a correction and apologized for any inconvenience.

A Macy's spokeswoman called it an unfortunate error and apologized to Heat fans.

The Mavericks beat the Heat 105-95 Sunday in Game 6 of the NBA finals in Miami.

THE ASSOCIATED PRESS

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CONTRIBUTED

▶ Jim Carrey is all in a flap in Mr. Potter's Penguins.

Face time with Jim Carrey

On a frigid set with real penguins, the Canadian comic returns to his famous facial mugging It's still all just play for Carrey

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

After years of making a fortune off of his elastic face, Jim Carrey is still finding new ways to manipulate it — though not all of them are intentional.

"My face kind of operates on its own nowadays. It just kind of does what it wants to do. Sometimes it's appropriate and sometimes it's not," he says. "Sometimes in the editing room, we'll go, 'That's not human. We want to take that out.'"

After a few live-action roles that required less facial manipulation, Carrey returns to the type of mugging that made him famous in his latest, Mr. Popper's Penguins, which pits his neat-freak corporate real estate broker against six new waddling house guests — played by a mix of animatronics, CGI stand-ins and real, live penguins. It was a working environment more than a little challenging.

"The set was so cold that I was fighting pneumonia the entire time," he says. "Then there was going outside when it was 75 or 80 degrees in five layers of clothing and a parka."

Acting challenges aside, Carrey cops to an affinity for his flightless co-stars. "I think that's why we love penguins, because they don't belong anywhere," he says. "They're wobbly and vulnerable, and they're not really fish and they're not really birds, and that's how I feel. Probably a lot of people do."

A return to more physical comedy also meant a return to childhood for the 49-year-old actor. "I find I'm still doing things and little tricks and fun things that I created when I was 10 years old," he says. "The play you do when you're a kid is so super-important."

Intense

Jim Carrey has become an intense user, with more than 3 million followers on Twitter. Here are some recent postings.

- **@JimCarrey** Yesterday i tried to take a pic of the paparazzi that i have inherited here in NY but i left the lens cap on. Guess that's why they're them and i'm me.
- **@JimCarrey** Queen Victoria's bday. Another great excuse to get drunk and blow sh#t up!

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

John Wayne vs. aliens

Battle Los Angeles
Genre: Sci-fi
Director: John Liebesman
Star: Aaron Eckhart

Marines vs. invading space aliens, in which Staff-Sgt. Michael Nantz (Aaron Eckhart) and his fellow Ò summon John Wayne's squinty ghost too bluntly and too often. PETER HOWELL

Hall Pass
Genre: Comedy
Directors: Peter and Bobby Farrelly
Stars: Owen Wilson, Jason Sudeikis

For the first 20 minutes, which is about how long it takes to set up the gimmicky plot about husbands on marital parole, Hall Pass looks like might be worth more than just a pass.

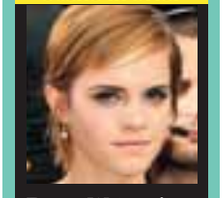
Owen Wilson and Jason Sudeikis click as bored buddies Rick and Fred, who are living happy family lives in Providence, R.I.

It's when Rick and Fred are granted the "hall pass" of the title – one week to do whatever they want – that the movie descends to gross-out depths, with predictable and dull results.

PETER HOWELL

2 scene

Scene in brief



Emma Watson is preparing for the next chapter of her life. The Harry Potter actress acknowledges that she needs to find her way out of the bubble, which she describes in part as the safe world of life on the set of the successful film franchise.

Watson says in the July issue of Vogue magazine that she wants to explore more of her creative side, and cites Patti Smith as a role model.

"I want to live like Patti," she said of the singer-songwriter, visual artist and poet.

Watson plays Hermione Granger for last time when the franchise's last film, Harry Potter and the Deathly Hallows: Part 2, is released in July.

THE ASSOCIATED PRESS

Hollywood's new top lobbyist avoids tough issues in speech, praises Chinese industry

Biel 'over' JT

Sources say actress getting close to Colin Farrell

Jessica Biel's dating life has been the subject of much speculation since she split from Justin Timberlake, and now she's rumoured to be getting close to her Total Recall co-star, Colin Farrell, according to Hollyscoop.

"Jessica loves Colin's accent and personality," a source says.

"She's completely over Justin, she's having fun being single and thinks Colin is a blast.

They've been hanging out between takes and Colin's suggested they go out after work." METRO

GETTY IMAGES

▶ Jessica Biel is starring alongside Colin Farrell in Total Recall.

Celebrity tweets

@ElizabethBanks

Listening to Bryan Adams' HEAVEN on repeat. Sooooo good. Give this girl a power ballad, and she is a happy camper.

@SarahKSilverman

Horse racing: where tiny men are STARS!

@SethGreen

Well Twitter, there's a hilarious impostor tweeting as me called @Seth_Green. Wanna help shut them down?

@rustyrockets

Truly tolerant people wouldn't mention my misplaced hashtag apostrophe. That's how Nazi Germany started.

St JOSEPH'S London Health Sciences Centre Western

DO YOU HAVE NON-ALCOHOLIC FATTY LIVER DISEASE AND TYPE 2 DIABETES?

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If you are interested in screening for this study by Dr. Tisha Joy and Dr. Melanie Beaton, please call their research nurse:

Lynda Bere at 519-646-6000 X 65996

LeAnn Rimes insists there's no sex tape

LeAnn Rimes wants to make something clear, so she's skipping the publicists and going straight to her fans.

"I hear there are rumours of a 'sex tape,'" Rimes posted to her Twitter account following reports of a steamy home video starring the country singer and ex-husband Dean Sheremet.

"I have never filmed myself having sex on tape, period. Haven't joined that club." METRO

GETTY IMAGES

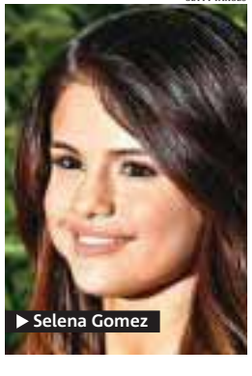
▶ LeAnn Rimes

Bieber fever for Gomez?

After an emergency overnight stay, Selena Gomez spent more time in the hospital recently, reportedly returning to be tested for blood pressure-related issues, according to TMZ.

The singer, who is dating Justin Bieber, was rushed to the hospital late last week after complaining of nausea and severe headaches following a performance. There's still no indication as to what caused her symptoms. METRO

GETTY IMAGES



▶ Selena Gomez

Pippa now a single lady

Pippa Middleton, who turned heads at her sister Kate's wedding to Prince William, is reportedly single after calling it quits with boyfriend Alex Loudon after six months of dating, according to the Sun.

"It is common knowledge in their close circle of friends that Pippa and Alex have recently split up," a source says, while another source adds that Middleton's newfound fame became difficult to cope with for the couple.

"Pippa has become very high-profile and it's put a strain on things," the source says. "They're moving in different circles." METRO

Pippa Middleton

ISTOCK PHOTO

▶ Laughter therapy has long been known to help patients with chronic pain.

The best medicine?

Project Commando gets the blood pumping with a big dose of its laughter therapy program The non-profit group helps support those with chronic disease, in severe pain

CELIA MILNE
LIFE@METRONEWS.CA

They're not sick jokes, but rather jokes for the sick.

A new, non-profit company called Patient Commando is making sure that stories about health struggles — both sad and funny — get told and listened to. Laughter therapy has long been known as a powerful tool to release tension and get the blood pumping more efficiently.

In Patient Commando's promotional video, a comedic actor spoofs everyone's worst hospital nightmare.

Donning his hat, socks and shoes, he tries to make a dignified exit, but his hospital gown isn't done up and his bare bum jiggles hilariously for all to see.

Comic relief — through laugh therapy and live theatre shows — is one of the ways that Patient Commando helps support people who have chronic disease, terminal disease or are suffering from bereavement.

"I'm interested in the expression of the story. Listen to the patient voice."
TORONTO FOUNDER OF PATIENT COMMANDO ZAL PRESS

The company also encourages people to tell their stories.

"I'm interested in the expression of the story," says Toronto founder of Patient Commando Zal Press. "Listen to the patient voice."

Press himself has struggled with the painful symptoms of Crohn's disease, an inflammation of the intestines, for 30 years.

"It feels like a cat trapped inside my gut trying to claw its way out," he tells Metro.

Press gave up his job selling home decor to start Patient Commando.

The company will be conducting public "laugh therapy" workshops at the Centre for Social Innovation in Toronto from June 15 to July 30.

For more information, go to patientcommando.com.

Good laughs

It seems obvious that laughing is good for us, but is there actual evidence? Spanish researchers assessed all the literature they could find about laughter therapy. A good chuckle has health benefits that are:

Physical
Psychological
Social
Spiritual
Quality-of-life related

3 life

Fitness pick

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Study: Weight-loss surgery fails to extend life in very obese older men during first 7 years

Hip, hopeful and happy

- Picture Carrie Bradshaw with her Stella McCartney Yoga mat and Chai Tea Lattes rather than cosmopolitans
- Life coach Gabrielle Bernstein, author of Add More-ing To Your Life, tells us how to be happy no matter what

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

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Set your alarm to happy time

Remember to reconnect with the desire to be happy and tune into a positive perspective as soon as you wake up. Set an alarm on your phone saying, 'Today happiness is my primary function' and have it on snooze at morning, midday and in the evening.

Practice the 'F' word

Forgiveness is the key to personal development and the tool that will guide you to go past resentment and not stay hung up on negative thoughts. It may sound tough, but the first step is to identify the people you resent and you need to forgive and let go of the negative situation. This resentment is lowering your energy so moving on will give you the impetus to move forward.

Meditate

Meditation isn't about big Buddhas, spirituality and fluffy pillows — it doesn't have to be done one 'way'. It can be as simple as sitting and listening to a song that makes you feel good as you focus on your deep breath.

Walking can also be a powerful tool for meditation: breathe in on one step and out on the other. The idea is to tune into that peace so that we can reconnect with the loving presence in us and make decisions based on loving choices.

Be grateful

Make a list of the things in life you are grateful for, focusing on the good stuff like your family, paycheck and sunny weather.

Focusing on what we have, not what we don't have, unleashes the presence of our inner guidance, our 'ing'.

Focus on appreciation and gratitude and you will attract an abundance of high-level experiences such as a wave of energy and creative ideas.

Jump!

Jumping on a trampoline is invigorating, brings you balance and makes you feel like a child again. Moving is a big part of happiness and ultimately finding a physical activity that ignites inner spark, whether that's dancing or running, is vital.

Limit your daily intake of negative news

Between the Japanese Earthquake and Osama bin Laden's death and consequent terrorist threats, it seems like we've already hit our bad news threshold for 2011. Pick and choose the news you read. Instead of going to world news or main headlines, read the Life and Style or Sports section. Read your news at lunchtime, as you are less vulnerable to the impact of bad news on your mood at that time of the day.

WWGD?

If you're being wrongfully attacked by someone and are feeling defencelessness, ask yourself this, 'What would Gandhi do?' Expressing anger toward them will not make you feel any better so when in that moment try and remind yourself that fighting back isn't going to help. Focus on looking for and finding peace in a non-peaceful situation.

METRO WORLD NEWS

▶ She's like Gandhi, except hot.

30 days of no gossip

When we gossip about other people we lower our energy field. Hang out with positive people that make you feel good and share you energetic space.

If your energy levels are low, you will attract low-leveled people.

DSALAS

Yoga pose.
Cow Pose/Bitilasana

What you do

1. Stand on your hands and knees in a table top position making sure your knees are set directly below your hips and your wrists, elbows and shoulders are in line and perpendicular to the floor.
2. As you inhale, lift your sitting bones and chest towards the ceiling, allowing your belly to sink towards the floor. Lift your head to look straight forward. Beginners can protect their neck by broadening across the shoulder blades and drawing the shoulders down away from the ears.
3. Exhale, coming back to neutral tabletop position on your hands and knees. Repeat 10 to 20 times.

Benefits

Stretches the front torso, neck, abdominal organs and spine.
Provides a gentle yet firm massage to the spine, kidneys and abdominal organs
Aids digestion and elimination.
Opens up the hips, eases neck and shoulder stress and tension.
Improves posture

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ You can reduce the prosciutto, ketchup and Parmesan in the recipe to reduce the sodium.

Is it possible for the Sloppy Joe to be even sloppier? Yup

These Sloppy Joes start with the intensely flavoured base of tomatoes, beef and pig products. Then they get spooned onto toasted deli rolls and topped with provolone cheese and tossed under the broiler for a minute or so. The result is a beefy sandwich that will leave everyone at the table satisfied.

Preparation:

1. In saucepan over medium-high, combine olive oil, garlic, onion, paprika, basil and oregano. Sauté until onion is tender and seasonings fragrant, about 5 minutes.
2. Add ground beef and prosciutto. Sauté until beef is cooked through and prosciutto begins to brown, about 8 minutes. Add tomato sauce, ketchup and vinegar and bring to a simmer. Stir in Parmesan, season with salt and pepper.
3. Set oven to broil. Arrange bottom halves of rolls on a baking sheet, then spoon some of the sloppy Joe mixture onto each. Top each with a slice of provolone, then broil just until cheese starts to melt. Top with the other halves of the rolls.

THE ASSOCIATED PRESS

Ingredients:

- 30 ml (2 tbsp) olive oil
- 4 cloves garlic, minced
- 1 medium yellow onion, diced
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried basil
- 5 ml (1 tsp) dried oregano
- 625 g (1 1/4 lb) lean ground beef
- 250 g (1/2 lb) prosciutto, finely chopped
- 1 can (398 ml/14 oz) tomato sauce
- 125 ml (1/2 cup) ketchup
- 30 ml (2 tbsp) balsamic vinegar
- 125 ml (1/2 cup) grated Parmesan cheese
- Salt and ground black pepper, to taste
- 6 bulkie or kaiser rolls, toasted
- 6 slices provolone cheese

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Shmokey's brings a taste of southern comfort to the city

This eatery serves up barbecue favourites such as dry-rubbed pork ribs

LUNCH RUSH

PAUL MITCHELL
FOOD@METRONEWS.CA

Why is all the real barbecue in London hidden in out-of-the-way locations? In the case of Shmokey Rob 'n Sons, being difficult to find reveals an unpolished gem.

Veteran cooks Don and Harley are passionate for Southern-style barbecue. Finally owning a place to call home, you taste the love in each "low and slow" bite. They consider their pulled pork ($9) and dry-rubbed pork ribs to be London's best.

I am craving the smoked brisket ($9) as soon as I smell it.

My plate arrives almost instantaneously and, like the surroundings, the food is basic and lacks pretense: just simple and awesome barbecue!

The thinly-sliced meat is juicy and tender with an astonishingly good coffee and chicory sauce. The ciabatta bun barely contains its messy goodness.

Cassava fries ($3) seasoned with paprika, sea salt and lemon are a distinctively tasty side.

Shmokey Rob 'n Sons, with its fun-living name and rough styling, offers the slow-smoked flavour that is worth searching out.

PAUL MITCHELL

▶ Smoked Brisket ($9) with Cassava fries ($3).

Shmokey Rob 'n Sons
530 Oxford St. (Unit 8. inside London Mall)
519-694-6948
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: No
Price range: $8 - $12
Rating: 4.5 out of 5

THE CANADIAN PRESS HO/ FOODLAND ONTARIO

Strawberry Lemonade

Preparation:

1. In a blender, blend together strawberries, lemonade concentrate and sugar until smooth.
2. For each drink, pour equal amounts of strawberry mixture and soda water into tall glass; stir and add ice.

THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

- 500 ml (2 cups) fresh local strawberries, hulled and quartered
- 125 ml (1/2 cup) frozen lemonade concentrate
- 50 ml (1/4 cup) granulated sugar
- 500 ml (2 cups) chilled soda water
- Ice cubes
- Whole strawberries, for garnish

YES, YOU CAN FIND LOVE ON A BOAT

Names:
Dino, 45, and Jennifer, 39

Hometown:
Burnaby, B.C.

Together since:
2007

Their story:

CONTRIBUTED

▶ Dino and Jennifer

My fantastic husband, Dino, and I (Jennifer) met on a blues cruise on a gorgeous, hot and sunny Canada Day in 2007.

It was a scenic four-hour boat tour around Vancouver's stunning False Creek and English Bay.

The day's entertainment featured a band I'd wanted to see called Brickhouse.

I was there with a girlfriend and while she was off mingling, I wandered up to the front of the boat to drink in the view.

There were so many people already lining the bow's edge that there wasn't room for me and I had to hang back.

All of a sudden a very handsome man with a great smile (Dino) turned around and said, 'Come on up!' and scooched over to make room for me.

Sparks flew that night, and just over a year and a half later, on my birthday, he proposed!

We had a wonderful wedding day in June 2010 and are enjoying every adventure that comes our way.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

HANGING OUT WITH YOUR OWN CREW IS STILL OK

SMUG MARRIEDS

ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

I can't stand my hubby's friends and he can't stand mine. What should we do? Ditch them?

Angela says ...

Every relationship is different and comes with its own set of dynamics.

I think it's perfectly healthy for each partner to have their own group of friends, whose company they enjoy separately.

Hopefully you also have some mutual friends.

If not, get out there and make some.

Derek says...

To Angela's point, hanging out separately with friends is totally healthy — so long as you don't start ragging on your partner after she or he has been out with them.

That will lead you down the path to problems.

Besides, if you're going to start knocking on someone, better to do it together.

It's more fun that way.

Does cheating need to be physical? No, say Americans

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Beef
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624 York St. London 519-672-3430

Jon Austin's wife, Amy, had a blunt assessment for her husband as the Minneapolis couple watched Rep. Anthony Weiner's stunning confessions on television last week.

"You'd be dead," she told him.

Regardless of his professional future, it's Weiner's predicament at home that seems to be launching countless discussions among couples like the Austins. And this time, it's not a question of actual physical cheating — a la Eliot Spitzer and his prostitution scandal — but the murkier backdrop of Internet relationships: sexting, tweeting lewd photos, emailing.

15% In a May 2010 survey from the Pew Internet and American Life Project, 15 per cent of adults said they had received "a sexually suggestive nude or nearly nude photo or video" on their cellphone.

If it's virtual, does it constitute infidelity? Many Americans seem to think it does.

"Would you text it, post it, send it with your spouse looking over your shoulder?" asks Austin, 52, who works in corporate public relations and takes no issue with his wife's frank appraisal of the situation.

"If yes, then it's not infidelity. If no, you're cheating."

In online postings and follow-up phone calls with The Associated Press, dozens of people echoed the same thought: Cheating need not be physical.

"I think the emotional betrayal is just as bad," says Marissa Bholan, a 22-year-old graduate student in Syracuse, N.Y.

"A married person should not be flirting online — or in any manner, really. It demonstrates a clear unfaithfulness. You're married. Act like it."

THE ASSOCIATED PRESS

Give Dad a real gift this Father's Day

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

What a difference a generation makes. Back when my kids were small, Father's Day was under or overdone pancakes, handmade cards, a walk in the park and an extra glass of wine at dinner.

Now, we're talking barbecues, iPads, golf clubs and other products that put a serious dent in your wallet. With personal, non-mortgage debt per capita hitting an all-time high of $26,000, it's time for one word. Don't.

How much sense does it make to take on debt for a gift that says I love you, to the father or man in your life? None at all.

On the other hand, traditional cheaper gifts aren't necessarily appreciated. According to a recent TD Credit Cards survey, 65 per cent of dads are unimpressed with yet another tie on Father's Day.

Joining the list of Dad's day clichés (read, please don't buy one for me) are coffee mugs and DIY tools. A tool can be cool but if Dad is struggling to keep up around the house he might not want a reminder that there's more to be done.

So what's a daughter, son or wife to do? My vote goes to a picnic complete with a fun activity such as catch, Frisbee, a putting contest, an old-fashioned game of horseshoes or a bike ride.

Roast a chicken or fish fillets the night before, add a potato or pasta and green salad, throw in a fresh baguette with a soft, extra creamy cheese, grab some sinful cookies at a local bakery or make a batch of brownies — and you're done!

That's it! No shopping. No mall. No pressure. And we do feel pressure over Father's Day. The TD survey discovered that nearly 40 per cent of Canadian sons, daughters and wives are stressed over finding an appropriate and affordable gift. So give yourself a break and the man in your life a memorable (and inexpensive) day.

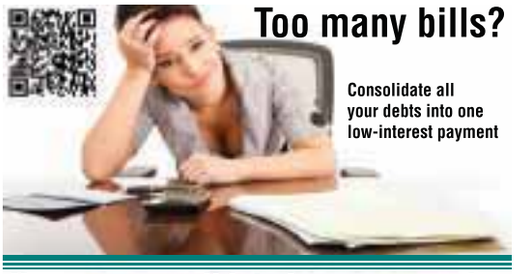
ISTOCK

▶ Alison's Money Rule: A fabulous Father's Day starts, not with your wallet, but in the kitchen and the great outdoors.

Get creative

Make this Father's Day one to remember.

- Give him a unique experience.
- Take him to a place he's never been.
- Offer him a taste he's never tried.



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POPQUIZ

What should you do with your tax return money?

A: Hurray! Time for a shopping road trip to the US!

B: Save some, invest some, pay off debts and then reward yourself!

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4 sports

Quoted

"It would be different because you don't know (any) of those teams over there in the American League. It's a whole different brand of baseball and it would be a totally different atmosphere."

HOUSTON CENTRE-FIELDER MICHAEL BOURN ON A PLAN THAT COULD SEE THE ASTROS MOVED TO THE AMERICAN LEAGUE. UNDER THE POSSIBLE PLAN, THE LEAGUES WOULD NOT BE SPLIT INTO DIVISIONS. THE TOP THREE TEAMS WOULD MAKE THE PLAYOFFS. THE FOURTH- AND FIFTH-PLACE CLUBS WOULD BE WILD CARDS AND PLAY FOR ONE SPOT.

Road kill

ELSA/GETTY IMAGES

▶ Boston's Milan Lucic scores a goal against Vancouver goalie Roberto Luongo in the first period last night.

Bruins chase Luongo from the net with three early goals, send series back to Vancouver

BRUINS	CANUCKS
5	2

The Boston Bruins put Roberto Luongo and the Stanley Cup back on the shelf.

After another home scoring spree against Vancouver's wildly inconsistent goalie last night, the Bruins are making one last trip west for the big finish to these dramatic Stanley Cup final.

Brad Marchand, Milan Lucic and Andrew Ference scored in the first 8:35 to chase Luongo from his second straight game in Boston, and the Bruins emphatically evened the finals with a 5-2 victory in Game 6, sending the series to a decisive Game 7 in Vancouver tomorrow night.

For the sixth time in the last 10 seasons, the final has been stretched to its limit. The home team hasn't lost in this series, with Vancouver winning three one-goal games and Boston posting three blowout victories.

Henrik Sedin scored his first point of the finals with a late power-play goal for the Canucks, who flopped in their attempt to win their franchise's first championship. Maxim Lapierre also scored in the third period for the Canucks, who will get one last try at a Rogers Arena filled with worried Vancouverites hoping their maddening team can come through.

Tim Thomas made 36 saves for the Bruins, giving up two third-period goals while burnishing his credentials for the Conn Smythe Trophy as Boston moved one win away from its first championship since 1972. Thomas has given up just eight goals in six games in a virtuoso performance in the finals — but the spotlight in Game 6 was trained squarely on the other net.

After Luongo led Vancouver to the brink of a title with a stellar performance in a 1-0 victory Friday, the Canucks hoped to celebrate in Boston. The Bruins cancelled that Garden party with yet another stunning barrage of goals against Luongo, who was ventilated for 15 goals in just over 4½ periods in Boston.

Boston even set a cup-final record with four goals in 4:14 while chasing Luongo and welcoming his backup, Cory Schneider, with a goal from Michael Ryder. Mark Recchi had two assists during the flurry.

Boston has lost its last five trips to the finals, never even reaching a seventh game — but the Bruins can hang another banner in the Garden rafters with one road win.

And the Bruins have ample experience in Game 7. They've already played two in these playoffs, beating Montreal in the first round and Tampa Bay in the Eastern Conference finals — but both of those games were at home, where Boston finished the post-season with 10 wins in its last 11 games. THE ASSOCIATED PRESS

WILFREDO LEE/THE ASSOCIATED PRESS

▶ The Heat's LeBron James, left, looks at Dwyane Wade during a news conference after Game 6 of the NBA final.

King James still without NBA crown

LeBron's most scrutinized season ends with puzzlingly lacklustre final

There were seven seconds left in the NBA season and the Dallas Mavericks were beginning their championship celebration when LeBron James started slowly walking toward Dwyane Wade, his right hand outstretched.

A quick embrace, and with that, the off-season began.

For the Miami Heat, it's time to regroup.

Changing locales did not bring change to the ultimate outcome for James, whose eighth NBA season and first in Miami ended the same as his seven in Cleveland — without a championship. He took a swipe at those who criticized him and the Heat, saying the quality of their lives will not improve because he failed to win a title.

"There's no distractions that can stop me from trying to chase an NBA championship," James said Sunday night, after Game 6.

The Heat had the home-court edge, were perceived as favourites and came into the finals flying high after needing only 11 games to get past Boston and Chicago.

Then, thud.

A Game 1 win was followed by a Game 2 collapse, and the series was never the same as Dallas won four of the final five contests.

Dallas rejoices

The Mavericks returned home yesterday, cheered by hundreds of fans celebrating their NBA title at Love Field airport in Dallas.

- The championship, the first in the team's 31-year history, is a breakthrough.
- The franchise was once one of the worst in the NBA and, even after owner Mark Cuban's infusion of cash, had a reputation of failing to win big games

"There's no hiding," said Chris Bosh, who doubled over, crying in the bowels of American Airlines Arena after Game 6. "In the NBA you play a series, best of seven games, usually the better team is going to win.

"So we've got a lot of work to do. We have to go back to the drawing board. It hurts to come this far and come up short."

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PAUL SANCYA/THE ASSOCIATED PRESS

NHL

Senators hire new head coach

Detroit Red Wings assistant Paul MacLean has been hired as the new coach of the Ottawa Senators.

Two people familiar with the decision confirmed the move yesterday, speaking with The Associated Press on condition of anonymity because it had not been formally announced by the Senators. The hire was first reported by ESPN.com.

The Senators fired head coach Cory Clouston and two assistants in April after the team failed to qualify for the playoffs for the second time in three seasons.

▶ Paul MacLean

MacLean has spent the past five years as an assistant in Detroit, helping the team win the championship in 2008. He and Wings coach Mike Babcock also worked together for two years in Anaheim, taking the Ducks to the Stanley Cup final.

MacLean spent 11 seasons in the NHL, playing in 719 games for Winnipeg, Detroit and St. Louis from 1980-91. He finished with 324 goals and 349 assists.

Prior to the joining the Anaheim coaching staff in 2002, the Antigonish, N.S., native was head coach of the Quad City Mallards of the United Hockey League. He also spent time coaching minor-league teams in Kansas City and Peoria, Ill., and has been assistant coach with the Phoenix Coyotes and a scout for the St. Louis Blues.

In Ottawa, MacLean will be working for general manager Bryan Murray, his old boss in Anaheim. Murray, who recently received a three-year contract extension, has fired three coaches since he left the job himself to become GM after the Senators reached the final in 2007. THE ASSOCIATED PRESS

NBA enters off-season of uncertainty

As Dirk Nowitzki and Dwyane Wade traded big shots in a thrilling NBA final, with fans tuning in at levels the league hadn't seen since the days of the Kobe-Shaq Lakers, the questions came more frequently.

How can commissioner David Stern tell all those viewers to go watch something else?

How can they shut it down now?

"It's an odd position, when the game is the best it's ever been, when the ratings are the highest they've ever been, when the excitement is the greatest it's ever (been)," Players Association lawyer Jeffrey Kessler said last week. "It's sort of odd to see the owners say we're going to destroy this game unless you change this whole system. Players just want to play."

When the Dallas Mavericks finished off the Miami Heat on Sunday, it sent the NBA into a most uncertain off-season.

Owners and players are nowhere close on a new collective bargaining agreement to replace the one that expires June 30. Without a new deal, players say they have been told by the owners they will be locked out.

The NBA was reduced to a 50-game season by a work stoppage in 1998-99, and the loss of games is a threat now. Citing league-wide losses of about $300 million US this season, the league hasn't budged on its desire for significant changes to the financial structure, ranging from reductions in the length of contracts and the amount of guarantees, to an overhaul of the salary cap system that would prevent teams from being able to exceed it, as they can now under certain exceptions.

The championship clincher was the highest-rated Game 6 ever on ABC, in large part because of the Heat, whose star power created a must-see team.

The re-emergence of teams like the Chicago Bulls and, to a lesser extent, the New York Knicks over the last season has also piqued interest in some of the NBA's traditionally strong markets. THE ASSOCIATED PRESS

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JUNE 19 1:30pm-5:30pm - Karaoke
Guy Lombardo Celebration 6pm.
Steak- dinner and dance. $15
JUNE 25 Duncan Casey's Dinner &Golf Tournament $75
JUNE 26 Karaoke - Sunday @ 2pm
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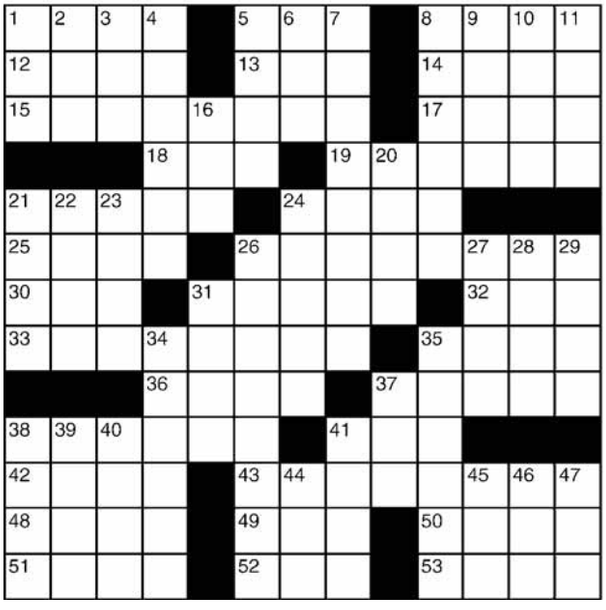

Across

1 Hinged fastener
5 Snapshot
8 Culprit, for short
12 — vera
13 Cheery remark?
14 Smell
15 "Bravo!"
17 "Scrabble" piece
18 Solemn promise
19 With precision
21 Parsley serving
24 Competes
25 Slapstick missiles
26 Hotel employees
30 Eisenhower
31 Gets dirty
32 Actor Kilmer
33 Poe's "The — Heart"
35 Humdinger
36 Helps
37 Greedy kid's shout
38 Old scrolls, often
41 Household member
42 Hodgepodge
43 Jailhouse roomie
48 Carte
49 Before
50 "Exodus" author
51 Nuisance
52 — Khan
53 Transmitted

Down

1 "Hee —"
2 Hearty brew
3 Scale member
4 A real hip place?
5 Ship's front
6 Author Fleming
7 Pile-face fabric
8 Soap ingredient
9 Tend texts
10 Hot dog holder
11 Quarry
16 41-Across, often
20 Slithery fish
21 Skewer
22 Toll road, for short
23 Stagger
24 Wedding cover-ups
26 Ancient British queen
27 Egg
28 Coconut tree
29 Pivot
31 Mix
34 Arrangement
35 Acidity detector
37 Solidify
38 "— and Circumstance"
39 Sheltered
40 Bowling targets
41 Entreaty
44 Work unit
45 Exist
46 Can makeup
47 Superlative suffix

▶ Monday's answer

Sudoku

8				6			9	5
1			9	8				
7	9	4						
			2			1		7
	6						4	
9		2			4			
						2	5	9
				2	5			3
2	3			7				6

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Baby to Trevor
Happy 1 year anniversary love. I look forward to many more! I love you xoxo
FROM YOUR LITTLE TINY BABY GIRL

JL
If I was a graham cracker and you were a marshmallow, would you stick by me?? Teehee; friends always <3
FROM JL

BBBBimbo
Don't hold your breath u big nosed dummy! He will never leave me he loves me & I love him we are ONE DEAL with the truth silly desperate woman!!!!!!!!!!!!!!!!!!!!!!!!
FROM MRS. M

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be in the thick of the action today.

♉ Taurus April 21-May 21 If you make changes today it's unlikely you will be able to change back again later.

♊ Gemini May 22-June 21 The approaching eclipse suggests you will be tempted to take on someone who is, to be frank, out of your league.

♋ Cancer June 22-July 22 Steer clear of anything that might depress you today — and steer clear of people who seem to think failure is something to be accepted.

♌ Leo July 23-Aug.23 If someone challenges you today you must stand up for yourself.

♍ Virgo Aug. 24- Sept. 22 If you find yourself up against forces that are difficult to cope with then it might be wise to back off.

♎ Libra Sept. 23-Oct. 23 This should be a fun day for you, but you might not get much work finished.

♏ Scorpio Oct. 24-Nov. 22 You have never been one to let others take advantage of you but that does not mean they won't try.

♐ Sagittarius Nov. 23-Dec. 21 If someone stands in your way today you must shove them aside.

♑ Capricorn Dec. 22-Jan. 20 Don't change your routines or your methods simply to fit in.

♒ Aquarius Jan. 21-Feb. 18 You may fall out with a partner or loved one over the next days.

♓ Pisces Feb. 19-March 20. Compromise solutions may be hard to come by.

SALLY BROMPTON

Caption contest

LEE JIN-MAN/THE ASSOCIATED PRESS

GUS RUELAS/THE ASSOCIATED PRESS

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The customer is required to sign a monthly payment contract and furnish a cheque in the amount of the first bi-weekly payment on the contract date. Subsequent bi-weekly payments will be made via a PC or Phone Pay system commencing 2 weeks following the contract date. †† Receive $500/$1,000/$1,500/$2,000/$3,000/$3,500/$4,000/$4,500/$5,500/$6,000/$6,500/$7,000/$7,500/$9,000 in Manufacturer Rebates with the purchase or lease of a new 2011 Focus S, Fiesta S, Escape I4 Manual/Mustang 2.0L Coupe V6 Value Leather, Taurus SE, E-Series, F-150 Regular Cab XL 4X2, F-350 6P-550 Chassis Cabs Gas Engine, 2012 Focus (excluding S)/Fusion S, Ranger Super Cab XL and Regular Cab XL 4X2 (each an "Eligible Vehicle"). The new vehicle must be delivered and/or factory ordered from your participating Ford dealer during the Offer Period. Only one (1) Offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per customer. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory order or delivery, but not both. This offer is not combinable with CPA, GPC, CFIP, FALS or Daily Rental Allowance incentives. Customer may use the Offer amount as a down payment or choose to receive a rebate cheque from Ford of Canada, but not both. Taxes payable before Offer amount is deducted. ^ Fuel efficiency based on ratings of 2011 Ford Motor Company of Canada vehicles. Total of 6 Best in Class models: Fiesta (B Car), Fusion Hybrid (CD Car), Escape Hybrid (Small Utility), Ranger (Compact Pickup), Super Duty (Full Size Pick Ups over 8,500 lbs. GVWR, non-Hybrid. Estimated fuel consumption ratings for the 2011 F-150 4X2 3.7L V6 SST: 12.8L/100km city and 8.9L/100km Hwy based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ^^ Class is Full-Size Pickups under 8,500 lbs. GVWR, non-Hybrid. Estimated fuel consumption ratings for the 2011 F-150 4X2 3.7L V6 SST: 12.8L/100km city and 8.9L/100km Hwy based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ‡‡ Based on 2011 Natural Resources Canada (NRCan) Special Purpose and R.L. Polk Small Utility segments. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ▪ Class is Mid-Size Pickups. Mid-Size Pickups: Ranger Super Cab XL 4X2 2.3L I4 MFC and 4X2 4.0L V6 SOHC Flex Fuel 5 Speed Auto SST. Estimated fuel consumption ratings for the 2011 Ranger Super Cab XL 4X2 2.3L I4 MFC and 4X2 4.0L V6 SOHC Flex Fuel 5 Speed Auto SST: 10.0L/100km city and 7.7L/100km Hwy based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ††† Offer valid from May 3/11 to June 30/11 (the "Offer Period"). Customers who purchase finance or lease most new 2011 Ford F-150 (excluding Raptor and Regular cab XL 4x2) (each an "Eligible Vehicle") and finance through Ford Credit, Canada will receive $500 (the "Offer"). The new vehicle must be delivered and/or factory ordered from your participating Ford dealer during the Offer Period. Only one (1) Offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per customer. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory order or delivery, but not both. This offer is not combinable with any Fleet consumer incentives. *** Offer valid from May 3/11 to June 30/11 (the "Offer Period"). Customers who purchase finance or lease most new 2011 Ford F-150 (excluding Raptor and Regular cab XL 4x2) (each an "Eligible Vehicle") and finance through Ford Credit, Canada will receive $500 (the "Offer"). The new vehicle must be delivered and/or factory ordered from your participating Ford dealer during the Offer Period. Only one (1) Offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per customer. This offer can be used in conjunction with most retail consumer offers made available by Ford of Canada at the time of factory order or delivery, but not both. This offer is not combinable with any Fleet consumer incentives. ‡ Offer valid from April 1, 2011 to June 30, 2011 (the "Offer Period") to resident Canadians with a Canadian Costco membership on or before March 31, 2011. Use this $1,000 CDN Costco member offer towards the purchase or lease of a new 2011/2012 Ford/Lincoln vehicle (excluding Fiesta, Focus, Ranger, Raptor, F-150 SVT, Mustang Boss 302 & Medium Truck) (each an "Eligible Vehicle"). The new vehicle must be delivered and/or factory ordered from your participating Ford/Lincoln dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. This offer can be used in conjunction with most retail consumer offers made available by Ford Motor Company of Canada at either the time of factory order (if ordered within the Offer Period) or delivery, but not both. Offer is not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). Applicable taxes calculated before $1,000 CDN offer is deducted. Dealer may sell or lease for less. Limited time offer, see dealer for details or call the Ford Customer Relationship Centre at 1-800-565-3673. ©2011 Ford Motor Company of Canada, Limited. All rights reserved.